

Your Guide to a Healthy Gut

News from the Celiac Center

Spring 2021

Upcoming Events



From the Experts: Join Our Virtual Monthly Meeting on “All Things Celiac”

Research Roundup: Promising Novel Therapies for Celiac Disease

Can we move beyond the gluten-free diet? Join the National Celiac Association (NCA) and the Harvard Medical School Celiac Research Program for the final webinar in our spring 2021 “All Things Celiac” series. Speakers will present on selected topics for 60 minutes, followed by 15 minutes for Q&A, on **Wednesday, May 26, 2021 at 1:00 pm ET**.

Three expert gastroenterologists will demystify the complexities of clinical drug trials in gastrointestinal diseases and present the latest research in medical therapies for celiac disease. Jocelyn Silvester, MD, PhD, from Boston Children’s Hospital; **Amelie Therrien, MD, from the Celiac Center at Beth Israel Deaconess Medical Center (BIDMC)**; and Alessio Fasano, MD, from the Center for Celiac Research and Treatment, Massachusetts General Hospital, will include highlights on current research for evidence-based medical treatments for celiac disease.

Lee Graham, executive director of the NCA, will introduce the webinar, and **Ciarán Kelly, MD, Medical Director of the Celiac Center at BIDMC**, will moderate the session. A Q&A session will follow the presentations; please submit general questions below or during the webinar on the Zoom platform.

Please note: This is an educational webinar, and no information is intended for diagnosis or treatment of any medical condition. Please seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Continuing Education Units (CEUs): 1.25 CEU for Registered Dietitians (pending). CEU certificates will be emailed to participants who attend the live webinar event after completion of the webinar and approval by the Commission on Dietetic Registration.

[Click here to register](#)

Upcoming Webinars: Stay tuned for the Fall 2021 “All Things Celiac” Series!

Research Corner



Exciting Research on Developing Oral Tolerance to Gluten with Nanoparticles

Re-establishing oral tolerance to gluten or “turning off” the autoimmune reaction triggered by gluten that attacks the small intestine in patients with celiac disease is the goal of nanoparticle (tiny envelopes) technology or TIMP-GLIA. TIMP-GLIA stands for tolerogenic immune-modifying nanoparticles containing gliadin (a component of gluten).

TAK-101, gliadin enclosed in nanoparticles, is being developed as a novel therapy to reduce immune activation and intestinal damage caused by oral gluten exposure in patients with celiac disease. Patients exposed to high doses of gluten showed 90% less inflammation when treated with the drug compared to placebo, indicating the promising capacity to protect the intestines from gluten related injury.

This is the first trial demonstrating antigen-specific immune tolerance in an autoimmune disease and represents a new approach that can be translated to other autoimmune diseases, such as Type 1 diabetes.

Ciaran Kelly, MD, and **Daniel Leffler, MD**, expert celiac gastroenterologists in the Celiac Center at BIDMC, are playing leading roles in this research. [Read the full article here](#), recently published in *Gastroenterology*, and stay tuned to see if this strategy is eventually developed for treatment of celiac disease.

Want to Participate in Celiac Research?

The Celiac Center at Beth Israel Deaconess Medical Center is looking for individuals with well-controlled celiac disease who would be interested to participate in a research study about the immune response to gluten. [For more information, click here](#).

You can help move knowledge about celiac disease forward by participating in research studies. Your physician can help you determine whether participating in a clinical trial is appropriate for you. If you are interested in research taking place at the Celiac Center, please call **617-667-3419**.

Team Spotlight: Qura Rashid, MD



BIDMC Allergist, [Dr. Qura Tul Ain Rashid](#) recently joined the Celiac Center team to provide expert treatment and care for patients with allergy and immunology conditions related to gluten-related disorders. She educates patients with celiac disease on the difference between food allergies and food intolerances and how to manage them.

[Click here to learn more](#) about Dr. Rashid’s clinical interests, such as gut microbiome dysfunction (otherwise known as leaky gut), and her tips for staying healthy with celiac disease.

Updated Resources

Q&A from Ask the Experts: “All Things Celiac” webinar series “Gluten-Free Farm to Table” event on April 15, 2021

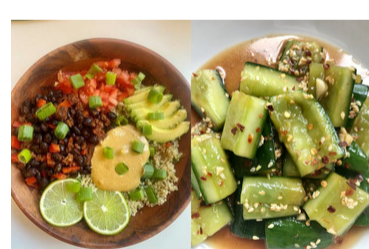
From **Melinda Dennis MS, RD, LDN**, Nutrition Coordinator, Celiac Center: I would like to clarify the short response I gave during the “Gluten-Free Farm to Table: Delicious, Nutritious and Affordable Options for Whole Food” webinar on April 15th and encourage a note of caution when considering the purchase of gluten-free grains in a farmer’s market setting.

[Read the answers>>>>](#)

Gluten-Free Cuisine Around the World

Whether you’re carefully dining out, taking-out, or branching out with flavorful home-made gluten-free meals, we hope these newly revised ethnic cuisine handouts will help you. [Click here and scroll to the bottom left](#) for recommendations on gluten-free Thai, Japanese, Indian, Italian, American, Chinese, and Mexican dishes. More to come!

Recipes



Refreshing and nourishing late spring meal inspirations: we’re featuring [Black Bean Taco Bowl with Cilantro Lime Quinoa and Cashew Nacho Cheese](#) and [Sweet and Spicy Smashed Cucumber Salad](#).

Beth Israel Deaconess Medical Center
Celiac Center

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